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(54) Title: ANTISEISMIC SPIRAL STIRRUPS FOR REINFORCEMENT OF LOAD BEARING STRUCTURAL ELEMENTS**(57) Abstract**

The present invention refers to stirrups for reinforcement of load bearing structural elements, and in particular for reinforcing concrete load bearing building elements, such as columns, shear walls, beams, slabs, footings, lintels, piles. The invention refers also to a method for reinforcing structural elements as well as to these elements. A stirrup for reinforcing load bearing elements according to the invention consists of a plurality of consecutive windings (7a, 7b) disposed along the longitudinal direction of the stirrup, so that the stirrup has a spiral form, whereby the windings of the stirrup form a plurality of discrete cages (5a, 5b) to house the main reinforcement bars (1a, 1b) of the load bearing element. The stirrups may be used for the reinforcement of load bearing elements of various cross sections such as orthogonal, T-shaped, L-shaped, Z-shaped etc.

